

Michelle L. Lillis
Head Girls' Track and Field Coach
Rock Island High School

Michelle was a varsity athlete in high school, playing both basketball and softball. She went on to play NAIA softball at St. Ambrose University. Michelle has coached several sports including basketball, softball, cheerleading, and boys' and girls' cross country but found a special love for track and field during her first year of teaching when the junior high she was teaching at needed a hand. She soon became an avid fan and intense student of the sport. She received on the job training from many great mentors, including her favorite sprint coach, her husband, Ed Lillis.

In 1996 she became the head girls' track and field coach at Rock Island High School, specifically training the sprinters/hurdlers. With the help of many excellent assistants, she and her staff have enjoyed a fairly successful career. In her fifteen years as head coach, her teams achieved 8 conference titles, 7 sectional titles, and 3 top ten state finishes including a 2009 championship.

Ed Lillis
Head Boys' Track and Field Coach
Rock Island High School
39 years experience

1972-1990	Assistant coach at Rock Island High School, in charge of sprinters/hurdlers. 1984 State Runners-up 1989 State Champions
1991 – Present	Head Boys' Track and Field Coach 1994 State Champions 2003 State Runners-up Conference Champs 1994-2007 (14 straight) 15 Sectional Championships

Ed is also the head sophomore/assistant varsity football coach for Rock Island High School. In his coaching tenure, he also coached wrestling for the Rocks. Coaching in Rock Island for the past 39 years has been an extremely rewarding experience. He was very honored to be named to the ITCCCA Hall of Fame in January of 2010.